

Still

sleep-aid blend 10ml

Still is a very aromatic blend formulated with oils that are highly grounding that can help soothe and ease the transition from the fast pace and worries of the day into a relaxing evening. Still supports the Root Chakra, and can help relax and quiet the mind, body, and spirit while encouraging deeper, more restful sleep.*

Still is particularly helpful when we have taken on more than we feel we can handle and are overwhelmed. For those recognizing they may have weak boundaries, Still aids in drawing more appropriate boundaries by strengthening love and respect of self.*

Still helps to ground us and allow peace of mind to re-evaluate our priorities; taking a step out of the chaos to see where we can de-stress. Still may also have a calming effect on some seizure disorders.*

The oils in Still are also known for their deeply nourishing and anti-aging properties. This blend encourages tissue regeneration, relieves itching and irritation after shaving, moisturizes dry skin, keeps hair looking healthy and shiny, and balances oily, acne-prone skin.*

uses

aromatic

- **Diffusion:** Diffuse 10 to 12 drops in a cool mist essential oil diffuser to impart a relaxing aroma.*
- **Misting:** Mix 15 to 20 drops in 4 ounces of distilled water in an amber glass or PET plastic spray bottle. Shake well and spray to create a soothing environment and increase relaxation.*

bath

- **Bath:** Add 8 to 10 drops to ½ cup Pink Himalayan or Dead Sea bath salts and mix into warm bath water. Relax and soak away the cares of the day.*

topical

- **Massage:** Add 5 to 6 drops to 1 tablespoon of carrier oil or lotion for a relaxing massage.*
- **Massage:** Apply a drop over the heart or across the back of the neck to support relaxation.*
- **Perfume/Cologne:** Apply a drop to pulse points for a safe, relaxing alternative to chemical-laden perfumes.*

topical dilution guidelines

- **Healthy individuals ages 10 and over:** Dilute to 10% (60 drops per 1 ounce of carrier oil).*
 - **Children 3 to 5 years:** Dilute 3 drops in 10 ml of carrier oil.*
 - **Children 5 to 10 years:** Dilute 6 drops in 10 ml of carrier oil.*
- **Pregnancy:** Safe when used as directed starting in the 2nd trimester at 3% dilution (15 drops/1 ounce).*

goDesana

Product Information Page



application methods

Aromatic • Bath • Topical

safety group: 2

Generally regarded as safe when properly diluted and used as directed with children over the age of 3 years, and while pregnant starting in the 2nd trimester.

ingredients

Vetiveria zizanioides (Vetiver), Pogostemon cablin (Patchouli), Lavandula angustifolia (Lavender, fine), Ocimum basilicum (Basil, sweet), Picea mariana (Spruce, black), Citrus aurantium var. amara (Neroli), Cocos nucifera (Fractionated Coconut)

responsible cautions

- Non-toxic, non-irritant, non-sensitizing.
- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.
- Store away from sunlight, at room temperature, with the lid securely tightened.

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